

## BIOFEEDBACK

Biofeedback is a therapy that helps children learn how to have a bowel movement (poop) more easily when they need to.

Sometimes, kids try to push to poop but tighten their butt muscles at the same time. This makes it harder for the poop to come out. Biofeedback helps children learn how to use their belly muscles to push while relaxing their butt muscles, which makes pooping easier.

### **During Biofeedback:**

- Nothing is put inside the body.
- We use six small stickers with wires that show muscle movement on a computer screen. Two stickers are placed next to the anal opening (in the butt crack).
- The child will remove their pants and underwear and sit on a bedside commode with a blanket over their lap.
- The child can watch the computer screen to see when they are tightening and relaxing their muscles. It works like a video game.
- We will help them learn to push by tightening their belly muscles and relaxing their butt muscles at the same time.
- If you have any questions, please ask. We are here to help.